

Antwerp

TOWNSHIP SENIOR SERVICES

April-June 2026

Advisory Board Members:

How are we doing? What can we do to serve you better? Your feedback is what will continue to improve our program and we want to hear from you.

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Antwerp Township Senior Services is on Facebook! Log-in to your Facebook page and type in the search bar-Antwerp Township Senior Services. "Like" our Facebook page to stay current on



1st and 3rd quarter will be mailed to those who do not use an email address.

**NEWSLETTER! YOU CAN ALSO FIND IT ON OUR WEBSITE
Kchopp@antwerptownshipmi.gov**

UPCOMING EVENTS

April

- 1 Blood Pressure Check
- 8 Senior Advisory Board Meeting 1pm
- 15 Hearing Tests/Craft day
- 22 Speaker TBA/Foot Dr. 12:30
- 29 Fun Bingo

May

- 6 No luncheon
- 13 Senior Advisory Board Meeting 1pm
- 20 Hearing Tests/Craft
- 27 Speaker TBA

June

- 3 Blood pressure checks
- 10 Senior Advisory Board Meeting 1pm
- 17 Hearing Tests/ Craft Day
- 24 Speaker TBA/Foot Dr 12:30

**For more information, check the website at:
antwerptownshipmi.gov**



Join us for lunch, every Wednesday at 11:45am This luncheon is for seniors who reside/are taxpayers in Antwerp Township, contribute to the Antwerp Senior Millage and are **60** years of age or over or are from Almena or Waverly Township. Residents of Antwerp Township are asked to donate whatever they can afford. Anyone **60** years of age and over attending a luncheon who resides outside of Antwerp Township **must** pay \$6 for a meal.

Where: Antwerp Activity Center

YOU MUST CALL BY WEDNESDAY THE WEEK BEFORE TO RSVP FOR LUNCH by 3pm

**Watch for Menu's and updates@
Antwerptownshipmi.gov**

When: Wednesdays at 11:15am salads, 11:45 luncheon 12:15 takeout.

FITNESS CLASSES

Classes listed on this page meet in the Antwerp Township Activity Center 24821 Front Ave. – back building

There is no fee to attend, but you must be 60 years of age or older who resides/is a taxpayer in Antwerp Township and contribute to the Antwerp Senior Millage Or are from Alma or Waverly Township and are 60 years of age or over. If you are from another Township you will need to pay the instructor directly.

Watch for schedule changes to classes on our website!!

Cardio Drumming

Tuesday at 10:00am and Thursday at 11:00am

This can be done standing up or sitting in a chair!

We have the equipment you just need to show up and Have Fun! If you are from Alma or Waverly, please bring your own equipment if you can!

Stretch & Tone

This class will help to release muscle tension, increase flexibility, and improve range of motion. Combining body firming exercises, you will work on toning your body. This class will incorporate Pilates movements to help strengthen the muscles that support the spine and neck. You will need a yoga mat for this class. If you have a Pilates ball, and muscle roller at home please bring them to class with you.

When: Tuesday's 8:50am-9:55am

Healing Yoga with Cardio-

This class is instructed by Seong-Hee Kim, she incorporates the practice of Asana (Yoga posture) and Pranayama (Yoga breathing exercise). This yoga emphasizes alignment of the body, the strength of the core muscles and the circulation of body energy.

A yoga mat is needed for this class!

When: Thursday's 8:50am-9:55am

CARDS –

Come play cards after luncheons from 1-3pm or Thursday from noon -3pm!



Chair Yoga

You will complete a series of seated and standing poses. A chair is offered for support so you can perform a variety of poses designed to increase flexibility, range of motion and balance.

When: Tuesdays 11am

Chair Yoga with standing

This is a class that meets on Thursdays at 10am except for the 3rd Thursday of the month – no class.

Foam Roller

The 4th Thursday of the month at 10:05am-10:55am.

Discover the art of deep tissue self-massage using a foam roller. This gentle yet effective practice involves deep body stretching and targets pressure points to aid muscle recovery. By breaking up muscle knots, it helps to restore normal blood and energy flow. We recommend consulting with the instructor before purchasing your own foam roller to ensure you choose the right one for your needs. The instructor will bring extra foam rollers to the class.

DO YOU NEED MEALS ON WHEELS?

You have two options: You can call **Meals on Wheels of SW Michigan at 269-925-0137** or

Seniors **who reside/is a taxpayer in Antwerp Township and contributes to the Antwerp Senior Millage** and are **60** years of age or over, we will be taking orders for meals by Monday by 3pm and delivering weekly on Thursday's between 11:30am-12:30pm The cost is \$6 per meal. These will be **frozen** healthy meals that you can microwave. You can pick one weeks' worth or just a few days' worth, but we will **only** deliver on Thursdays. Questions? contact Karol @ 668-2615 ext. 208

CREATIVE GROUPS

Check website for updates:

Antwerptownshipmi.gov under the Senior Services tab.

Quilting Group (Senior Needlers)

Quilters will be gathering in the Activity Center to work on projects! Bring your projects and join us!

When: Thursdays 9:00am-3:00pm

Cost: Free

Knitting & Crocheting

Experienced knitters/crocheters are welcome to bring their own projects you would like to learn; members will be there to teach you!

When: Wednesdays at 1:00-3:00pm

Cost: Free

Embroidery Enthusiasts

Are you enthusiastic about machine embroidery? This is a group for all levels to share ideas, knowledge & build camaraderie.

Bring your own machines.

When: Mondays from 9:00am-3:00pm

Cost: Free

Local support to help you navigate your Medicare options



Call a licensed sales agent

Katie Ray
269-400-3913 (TTY: 711)

Humana.

kray20@humana.com

Health Care Services

Please bring your photo ID and proof of Insurance to these appointments.

Dr. G Foot Care Services

Where: Antwerp Township Activity Center

When: 4 / 2 2 ; 6 / 2 4

Time: 12:30 pm start time (5 min. appointments)

Cost: \$35 without Medicare OR other insurance.

To schedule an appointment call

Karol (269)668-2615 x 208 or email

Medicare/Medicaid counseling

KCHOPP@ANTWERPTOWNSHIPMI.GOV

OR KAROL 668-2615 EXT. 208

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Antwerp Township Senior Services Menu

Questions? Contact Karol at (269) 668-2615 x 208
**Please RSVP to the luncheon no later than 1 week
in advance! (Meals subject to change)**

Wednesday, April 1 (Ruzick's Farm)

French Dip, Potato Salad, Salad, Fruit

Wednesday, April 8 (ChinnChinn's)

Chicken stir fry, Fried Rice, Rangoon's, Salad, Fruit

Wednesday, April 15 (Maggie's)

Roast Pork Loin w/pineapple glaze, Californian veggie

Wednesday, April 22- (Scott's)

Hamburgers, Potato Salad, Fruit, Salad

Wednesday, April 29- (Wagoner's)

Fried Chicken, Tater Wedges, Coleslaw, Roll, Salad, Dessert



Antwerp Township Senior Services Menu

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in advance! (Meals subject to change)**

Wednesday, May 6 –NO LUNCHEON

Wednesday, May 13- (Antwerp Café)

Turkey subs, Potato Salad, Salad, Fruit, Chips

Wednesday, May 20 – (Scott's)

Lasagna, Vegetable, Fruit, Salad

Wednesday, May 27-(Scott's)

Beef Tips, Mashed Potatoes, Salad, Fruit, Dessert



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in advance! (Meals subject to change)**

Wednesday, June 3 (Scott's)

Coney Dogs, Baked Beans, Fruit, Salad

Wednesday, June 10 (Maggie's)

Chicken Parmesan, Veggie, Salad, Fruit

Wednesday, June 17 (Scott's)

Meatloaf, Mashed Potatoes, Salad, Fruit

Wednesday, June 24 (Scott's)

Pulled Pork, Mac n Cheese, Salad, Fruit

We are also looking for seniors to help drive other seniors to appointments or to pick them up for our senior luncheons.

If you think you can help, please contact Karol 269-668-2615ext208 or kchopp@antwerptownshipmi.gov

Scan the link to take you to our senior services tab on our website!



Antwerp Township

Senior Services

24821 Front Avenue
Mattawan, MI 49071

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U.S. POSTAGE
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Heartfelt 
THANKS
TO OUR VOLUNTEERS!